

Total Nutrition

Weight Loss Secret—Breakfast For Dinner

by *Mindy Hermann, R.D.*

(NAPSA)—My neighbor Bill is a lawyer who often gets home late from work. Rather than eat a traditional dinner, Bill's favorite choice is cereal topped with milk. Although his wife complains, Bill seems to be perfectly satisfied. He also happens to be quite slim.



Mindy Hermann

Why is breakfast for dinner a smart strategy? Heidi Skolnik, M.S., C.D.N., co-author of "The Reverse Diet," explains that breakfast in the evening is a perfect choice because "breakfast foods tend to be quick, easy and light. They're just right at the end of a long day."

One premise of "The Reverse Diet" is that calories should be spread out evenly during the day rather than piled on at the end of the day. If you're like most, you eat a small breakfast, medium-size lunch and large dinner. Compare this to the way that you burn calories—chances are that your body uses more calories during the day, when you are more active, and fewer calories at night, when you're relaxing at home. So why not flip meal size around and make dinner your smallest meal?

Breakfast cereal is a versatile evening food because it takes so little time to make and can be embellished with ingredients like fresh or dried fruit, milk or yogurt, and different types of nuts. Cereal eating also appears to be linked to weight management. People who eat cereal the most often, more than seven times

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Try one of these delicious "breakfast for dinner" suggestions:

- French toast topped with yogurt and berries
- Whole Grain Total cereal with milk, fruit and nuts
- Pancakes or waffles topped with apple-cinnamon syrup (mix equal amounts apple pie filling and maple syrup)
- Veggie omelet wrap
- Whole Grain Total Fruit Parfaits—layer cereal, yogurt, peaches and raspberries or fruit of your choice.



over a two-week period, have a lower body mass index (BMI) than people who eat cereal less often, according to a study in *The American Journal of Clinical Nutrition*.

Skolnik points out that it's okay to eat traditional dinner foods in the evening, but in smaller portions. "Try to make your evening meal your smallest meal while increasing the size of breakfast and lunch."

An added benefit of eating bigger meals during the day is that you may be less hungry at dinner-time. People tell me that they are often so hungry when they get home from work that they raid the fridge and pantry without much regard to what or how much they're eating. "Eat a bigger breakfast and lunch and you may find it easier to manage your weight because you are not overeating in the late afternoon and evening," says Skolnik.

Mindy Hermann, M.B.A., R.D., is a nutrition writer for women's, health and fitness magazines. She is the co-author of "Change One" and the American Medical Association's "Family Health Cookbook."